



BOSTON ROWING CLUB

EST 1856

The Boathouse, Carlton Road, Boston, Lincs. PE21 8LL.



JUNIOR ROWING AT BOSTON

BEGINNERS SESSIONS: Saturday's 10.00 - 11.30

£5.00 per lesson. For details email: Jeff.elms@bostonrowingmarathon.org.uk

JUNIOR SESSIONS: Saturday 10.00 – 12.00

Members only - £102.00 annual subscription.

As individuals advance either with age or ability coaches may invite them to attend further sessions.

ALL JUNIORS ARE REQUIRED TO:

- Be able to swim 50m in light clothing.
- Notification of attendance – Junior's need to email Jeff Elms (Junior Co-ordinator) before 7pm Friday night if they are going to be attending on the Saturday morning. This will enable crews, boats and coaches to be allocated prior to Saturday morning and reduce delays on the day. If things change please let him know.
- Arrive in plenty of time to be ready to go at 10.00.
- Register – On arrival all juniors are required to mark themselves in on the "junior register".
- Boating log book – juniors need to book out their boat prior to use.
- Bring a change of clothes – it's a water sport – you may get wet.

Email jeff.elms@bostonrowingmarathon.org.uk